

### Abstract of the Disclosure

Balloon catheters such as guide catheters can be configured to provide distal occlusion, while still providing sufficient interior lumen space for device delivery. Such catheters can provide a desired level of balloon expansion, yet prevent vessel damage  
5 caused by balloon over-expansion. A catheter can include an elongate shaft having a distal region, a proximal region and a lumen extending therebetween. A balloon is inflated to a desired expansion configuration with a desired diameter. Over-inflation of the balloon causes longitudinal expansion instead of increased radial expansion, thus maintaining the diameter of the balloon.

